


CHEF TOM'S GRILLED BEEF TENDERLOIN

WINDSOR
SENIOR LIVING

 A WATERMARK RETIREMENT COMMUNITY

SERVES 12 – 15

3lbs beef tenderloin

2 Tbsp minced rosemary

6 Tbsp olive oil

3 Tbsp black pepper

8 cloves of fresh garlic, minced

2 Tbsp fresh thyme, minced

Trim excess fat and silver skin from tenderloin. Mix oil, garlic, rosemary, thyme and pepper then rub evenly over entire tenderloin. Place in refrigeration until ready to barbecue. Heat grill for 10 minutes and coat with olive oil. Cut tenderloin into approximately 4oz portions and place on grill. Sear for approximately 5 minutes. Turn to second side and sear for 5 minutes. Tenderloin will be medium rare to medium. Pair with Chef Tom's Rum Glazed Shrimp for a delicious surf and turf meal. minutes and coat with olive oil.

